

NEW
hearts

NEW

bones

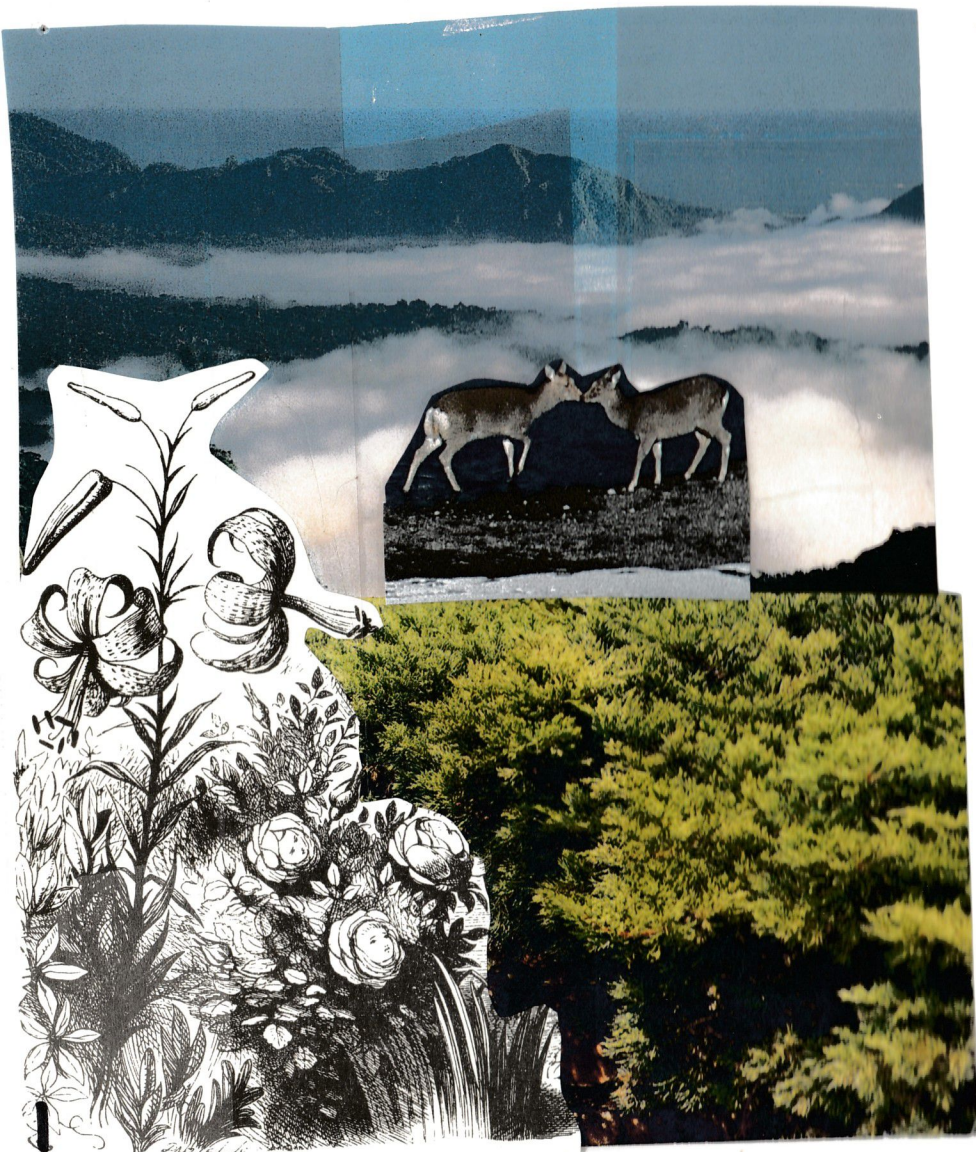
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A P R 2012 L

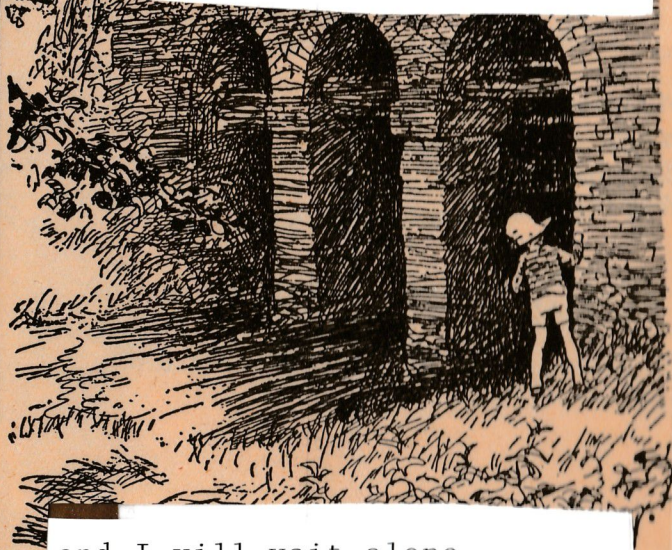


$$\begin{aligned}
 &g(z, \nabla x + \nabla y) + g(z, \nabla x + \nabla y) \\
 &T_{ij}^{kl} = \{g_{ij}^{kl}\} \frac{\partial g_{ij}^{kl}}{\partial x_k} \\
 &M(1 + \|u\|_{k+1}) \\
 &\leq \frac{1}{\lambda} \sin(\lambda f_k) \lambda \frac{\partial f_k}{\partial x_j} \frac{\partial f_k}{\partial x_j}
 \end{aligned}$$


$$\begin{aligned}
 &u_{n+1} = u_n - K_n L(u_n) T(u_n) \\
 &\text{perturbation Process} \\
 &g_{ij} = \sum_k a_{kij}^2 \frac{\partial f}{\partial x_i} \frac{\partial f}{\partial x_j} \\
 &y_k = \frac{a_k}{\lambda} \sin(\lambda f_k) \\
 &y_{n+k} = \frac{a_k}{\lambda} \cos(\lambda f_k) \\
 &T(u_{n-1} + u_n - u_{n-1}) = DT(u_{n-1}) \\
 &So \|T(u_n)\| \\
 &Now u_n
 \end{aligned}$$




I can hear the wolves howling
for their prey as my burdened
hands become heavier. I begin
to weigh myself down and drown
in the thoughts. Here it is
safe and quiet.



and I will wait alone
until I can see the sky again
the sun
bring me warmth
light into my eyes



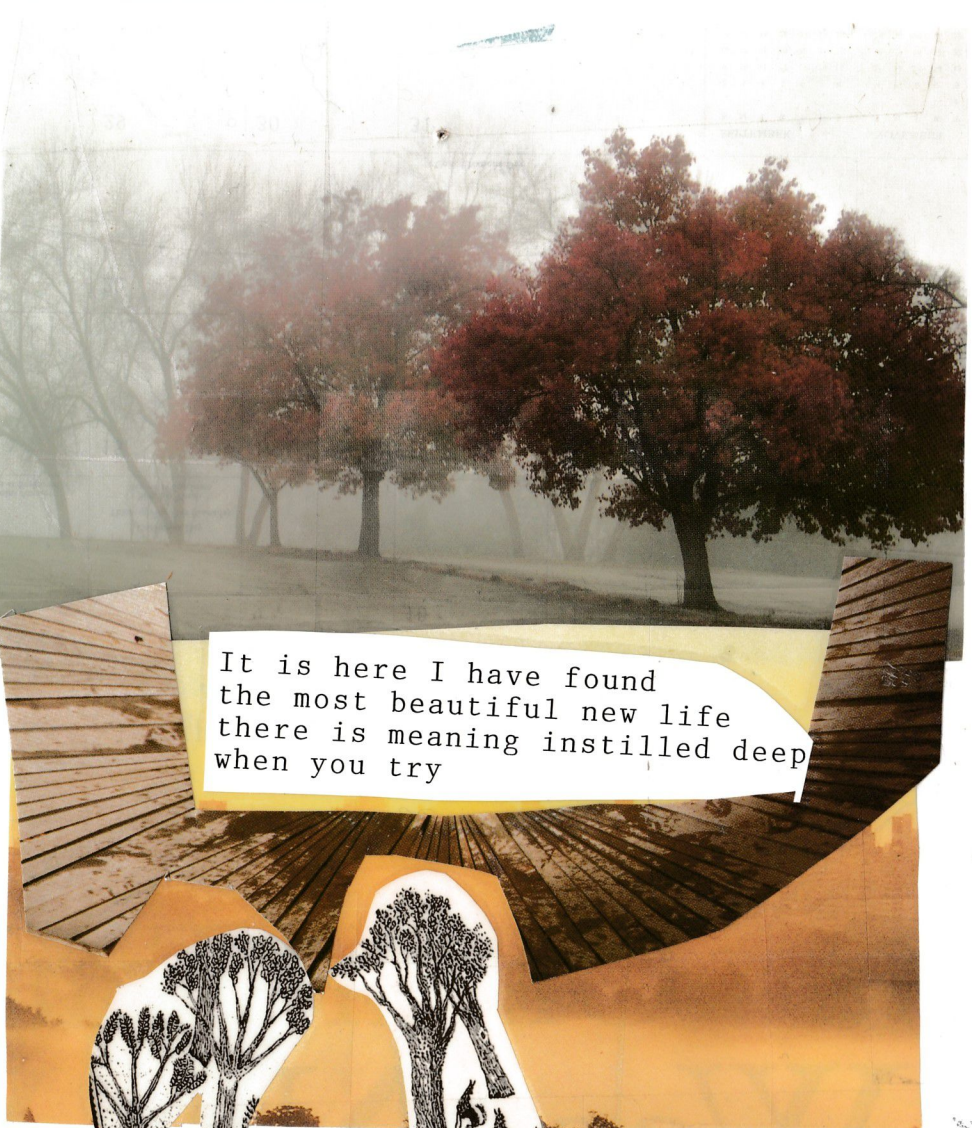
I finally
laid it all down
and let it die



I release a long awaited sigh of relief
I stand firm in my growth and release
You have loved me and opened my heart
to big blue skies
The suns warmth, finally
shines down upon all our lives



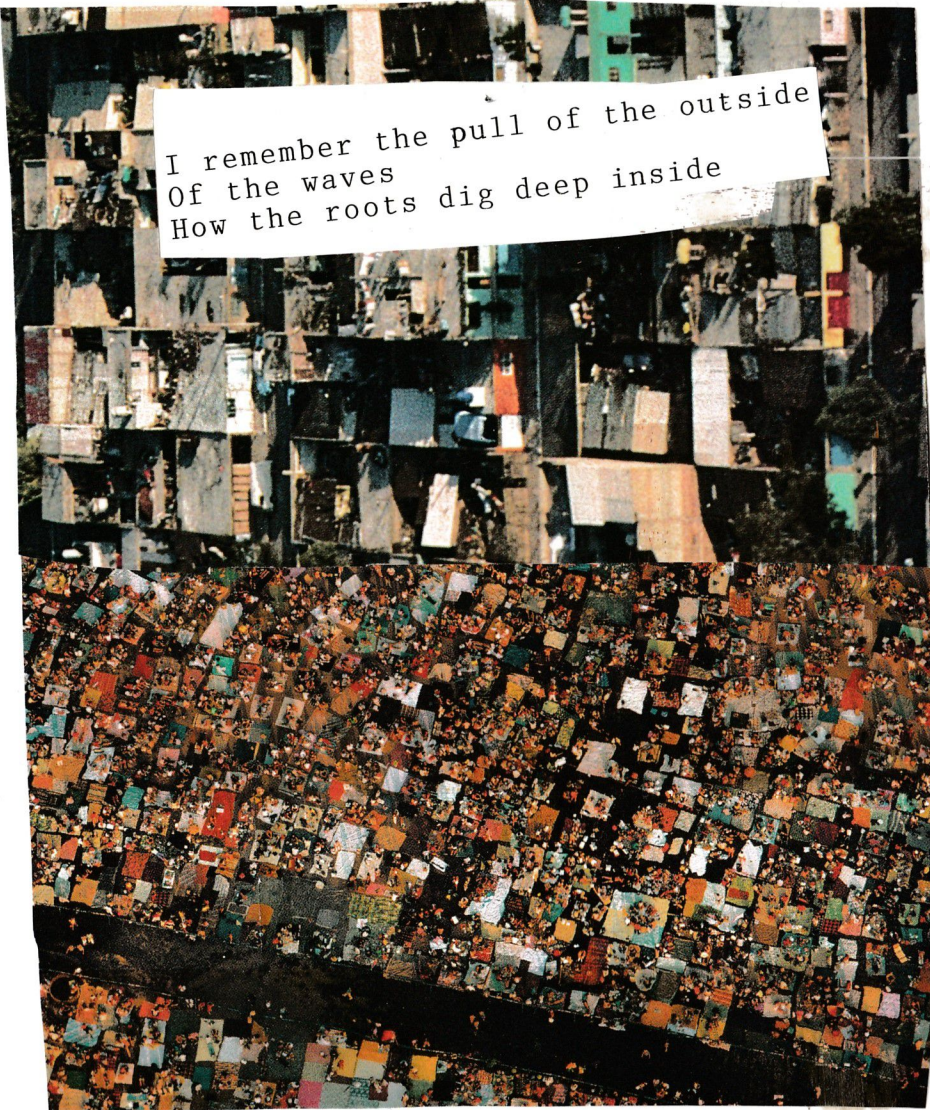
bursting my eyes into light




It is here I have found
the most beautiful new life
there is meaning instilled deep
when you try



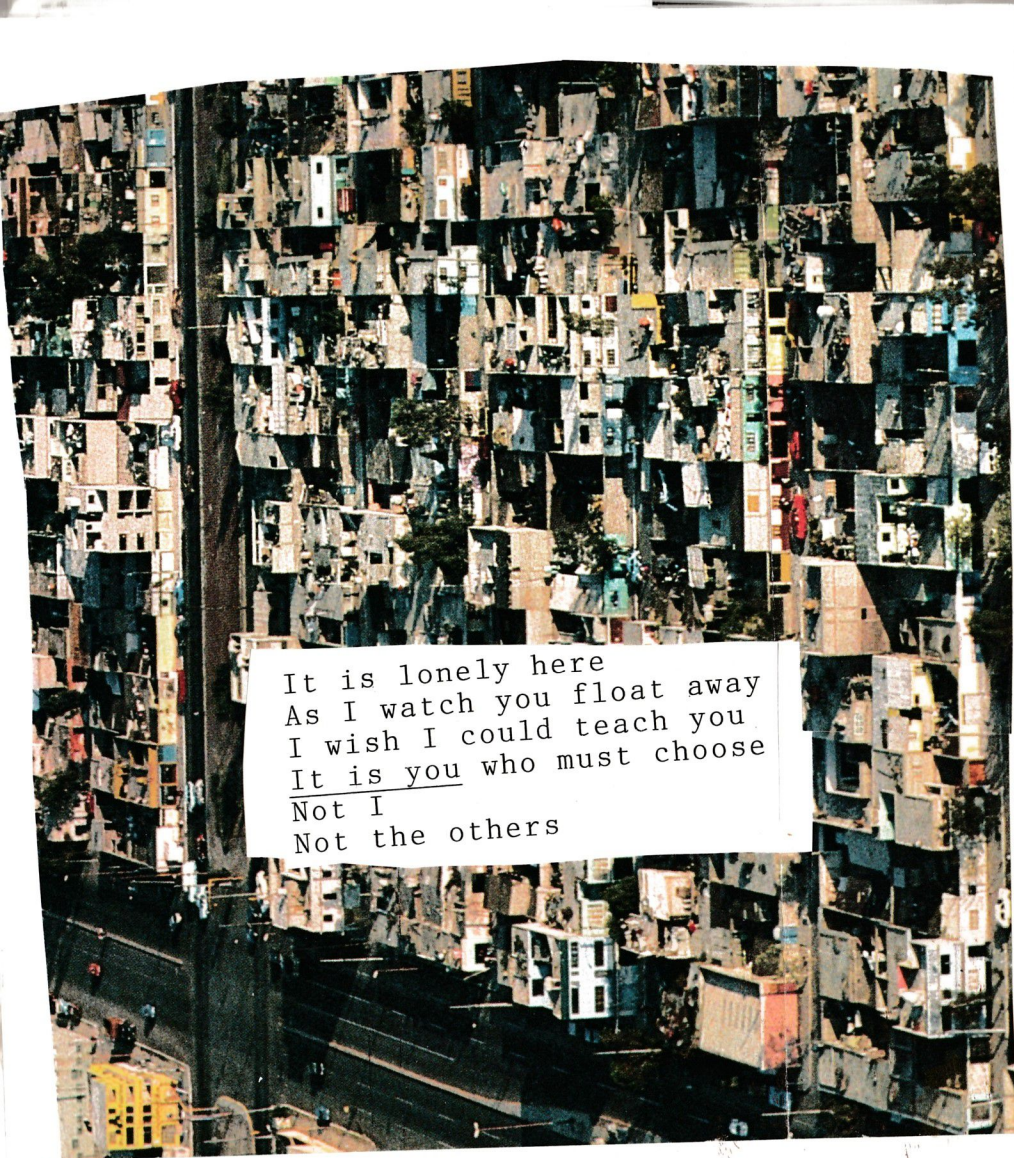


An aerial photograph of a densely packed urban area, likely a slum or tenement district. The image shows a complex network of small, closely situated buildings with various roof colors (grey, brown, red, green). A dark, winding waterway, possibly a river or canal, cuts through the lower portion of the frame. The overall scene conveys a sense of extreme crowding and limited space.

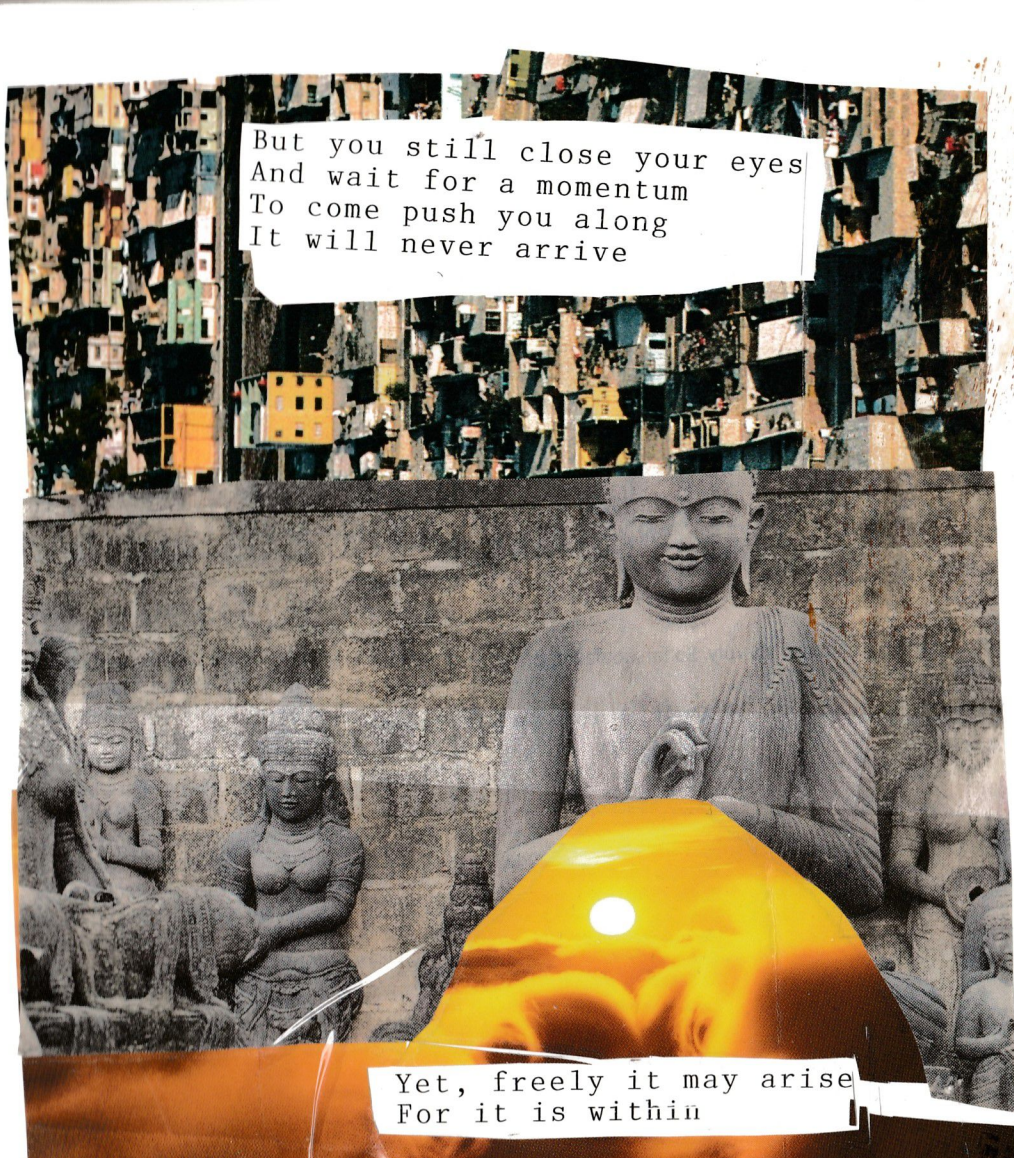
I remember the pull of the outside
Of the waves
How the roots dig deep inside

An aerial photograph of a densely packed urban area, similar to the one on the left. It shows a dense cluster of small buildings with colorful roofs. A dark, winding waterway is visible at the bottom of the frame. The perspective is from directly above, looking down on the tightly packed structures.

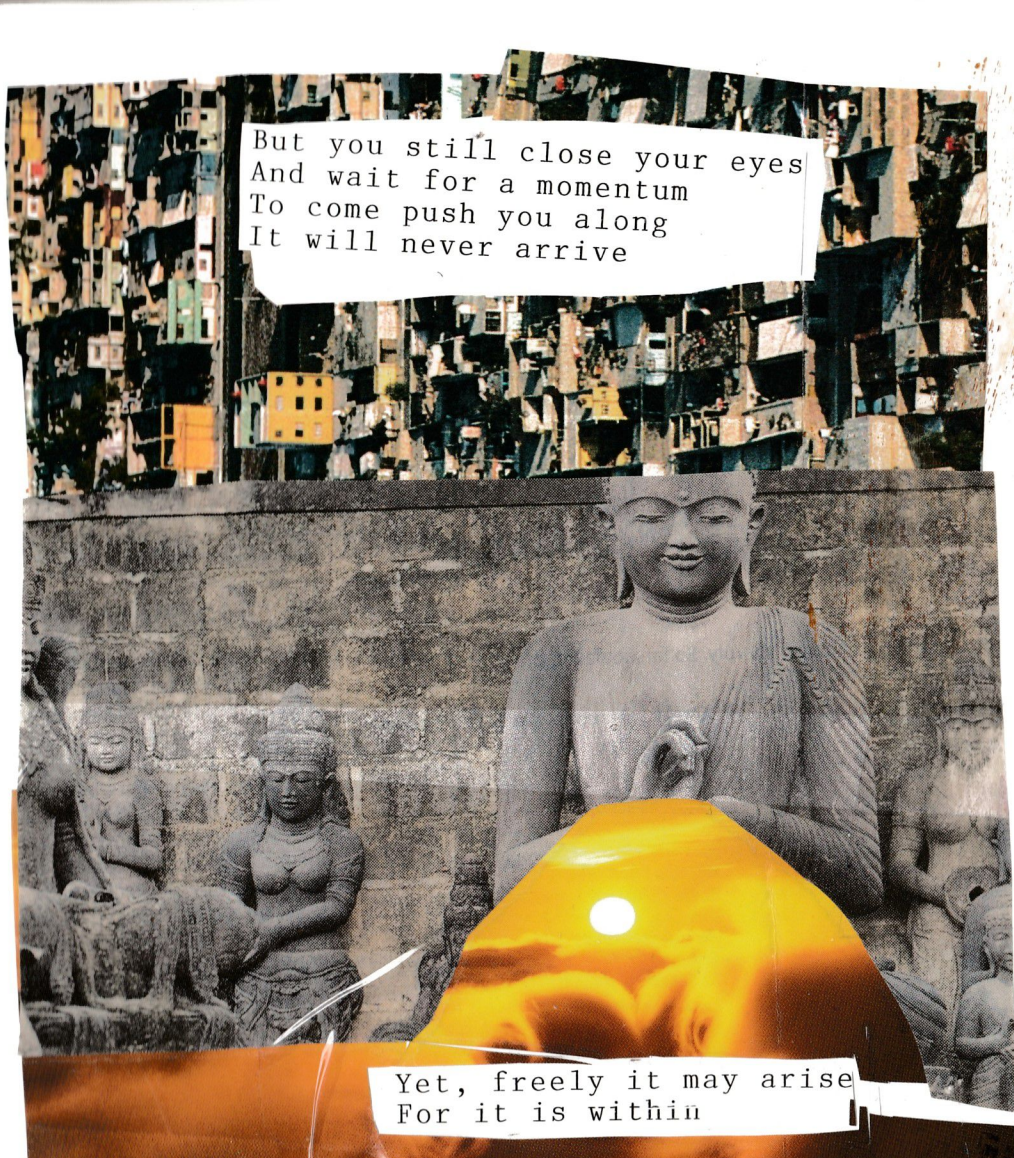
I am stronger now
I can not be swept along in the tide
I am a pillar
Alone I will learn to stand

An aerial photograph of a densely packed shantytown, likely in a developing country. The buildings are small, colorful, and built closely together on a hillside. A white rectangular text box is overlaid on the lower-left portion of the image.

It is lonely here
As I watch you float away
I wish I could teach you
It is you who must choose
Not I
Not the others

An aerial photograph of a densely packed shantytown, similar to the one on the left page. The buildings are small, colorful, and built closely together on a hillside. A white rectangular text box is overlaid on the upper-right portion of the image.

But you still close your eyes
And wait for a momentum
To come push you along
It will never arrive

A black and white photograph of a large, seated Buddha statue in a meditative pose. The statue is set against a stone wall. To the left and right of the main statue are smaller, seated figures. A large, bright yellow, sun-like graphic with a white center is overlaid on the lower half of the image, partially obscuring the statue's base.

Yet, freely it may arise
For it is within

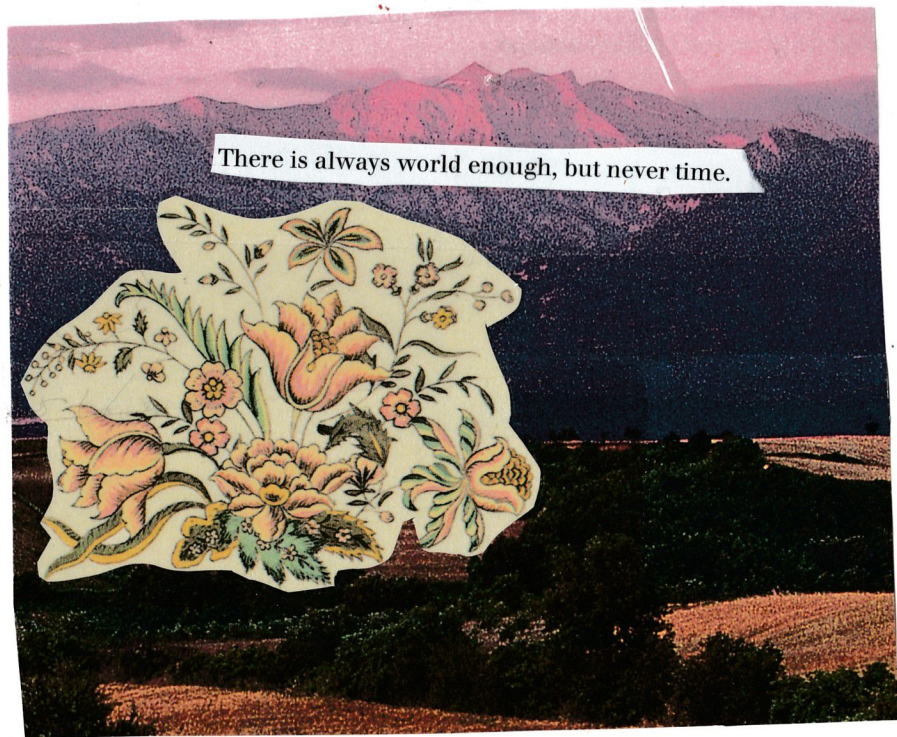


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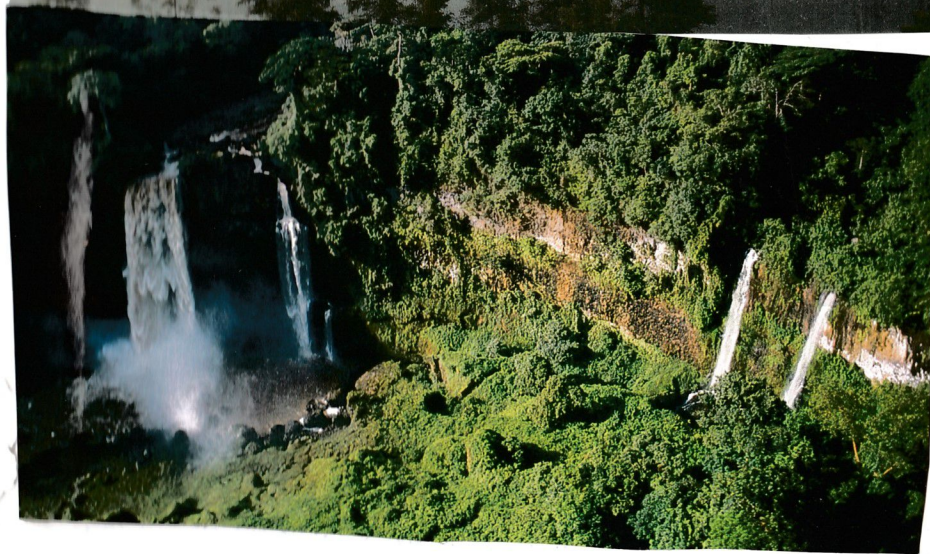


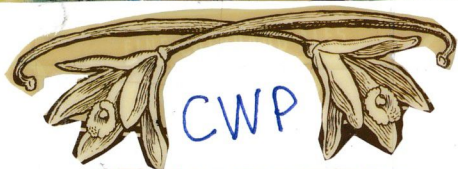
There is always world enough, but never time.

this world is so beautiful
We cannot equal it, we cannot live in it for long.



We are all interconnected.
We all share the same home.





TO ILLUMINATE

NEW HEARTS NEW BONES ISSUE #6

this free publication has been made for your mind by Checking
and Waving Press. Reach us at seethewavelengths@hotmail.com